

# 101 Days of

# Summer

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Cadet Command Safety Office



Unsafe Acts

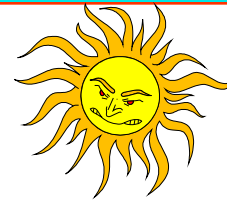
# Summer Safety

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Unsafe Acts

- Heat Injuries
- POV Safety
- Recreation Safety
- Sports Safety
- Water Safety
- Outdoor Safety

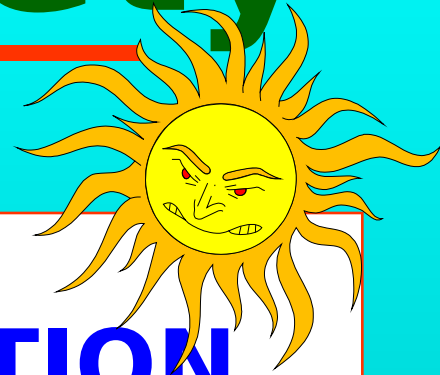


# Summer Safety

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Unsafe Acts



## HEAT INJURY PREVENTION

The summer season can be an enjoyable time of the year. It is also a time when the potential for heat injuries increases. Heat injuries are preventable. By following these simple recommendations, it will decrease your susceptibility to them.

# Summer Safety

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Unsafe Acts



## HEAT INJURY PREVENTION

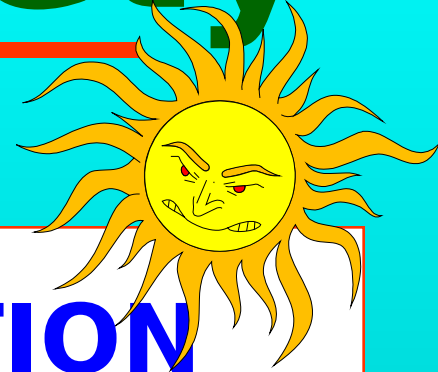
- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles

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Unsafe Acts



## HEAT INJURY PREVENTION

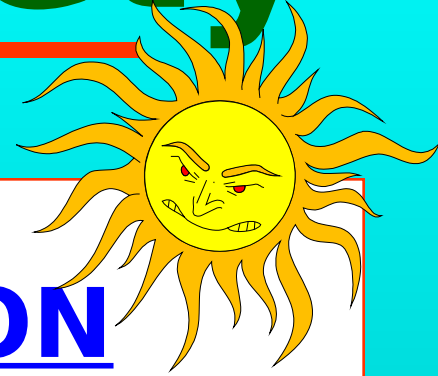
- Keep areas well ventilated
- Schedule outdoor activities during the cooler part of the day
- Use the buddy system
- Monitor those at risk
- Use common sense

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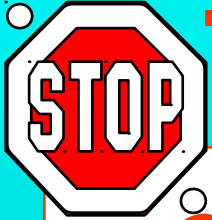
Unsafe Acts



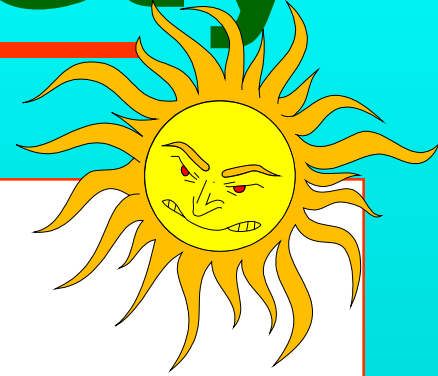
## SUNBURN PREVENTION

- **Use sunscreen - reapply frequently**
- **Moderation - avoid extended exposure during peak hours (1000-1600)**
- **Avoid repeated exposure**
- **Seek medical care if severely**

# Summer Safety



Unsafe Acts



## HEAT RASH

### CAUSE

Skin irritation caused by excessive sweating in a hot humid environment

### SYMPTOMS

Appears as a cluster of pimples or small blisters neck, groin area; under breasts & arms; and skin creases

### TREATMENT

Baby powder with corn starch

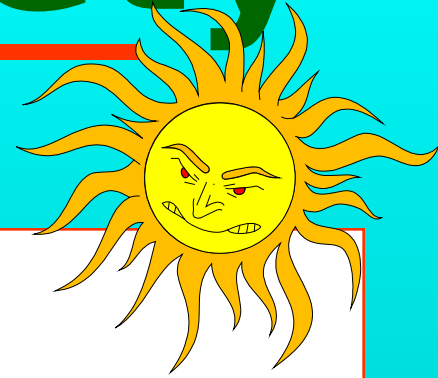
Cool shower - avoid lotions - change clothes frequently

# Summer Safety

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Unsafe Acts



## HEAT CRAMPS

### CAUSE

Excessive loss of salt from the body

### SYMPTOMS

Painful cramps of the major muscle groups  
(arms, legs, or stomach)

### TREATMENT

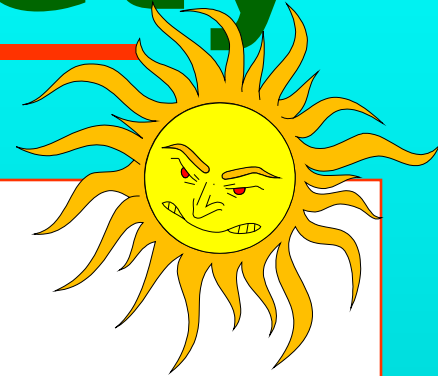
Provide cool water - shade - monitor



# Summer Safety



Unsafe Acts



## HEAT EXHAUSTION

### CAUSE

Excessive loss of salt and water in the body

### SYMPTOMS

Profuse sweating - headache - paleness - weakness  
nausea - cool moist skin - tingling sensation in  
extremities

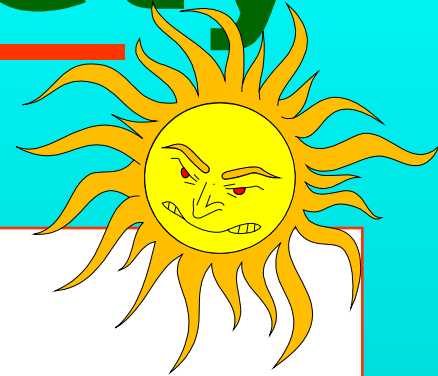
### TREATMENT

Provide water - shade - elevate feet - monitor  
seek medical attention immediately

# Summer Safety



Unsafe Acts



## HEAT STROKE

### CAUSE

The body's heat regulatory mechanism stops

### SYMPTOMS

Headache - dizziness - delirium - weakness -  
nausea

red, hot skin - unconsciousness

### TREATMENT

### MEDICAL EMERGENCY!!

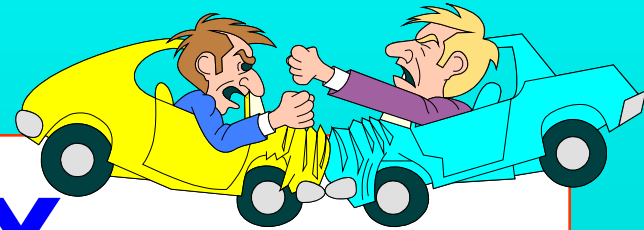
cool shaded area - soak clothing and fan - elevate  
feet

# Summer Safety

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Unsafe Acts



## POV SAFETY

**Factors that influence our risk:**

- Age
- Fatigue
- Seatbelts
- Location
- Alcohol
- Speed

**Vehicle accidents are #1 killer of  
soldiers**

# Summer Safety

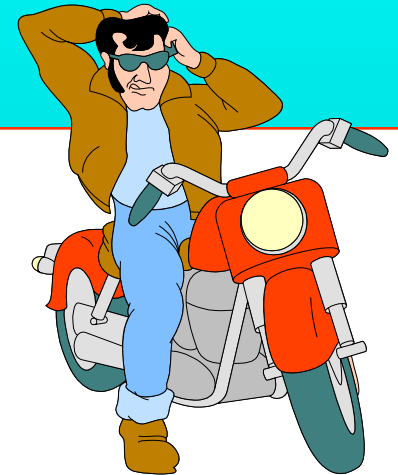
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Unsafe Acts

## POV SAFETY

### Age



Soldiers who are 18-24 are at the highest risk. Risk of involvement in a fatal crash for soldiers who are 18-24 is nearly 4x greater than any other age group.

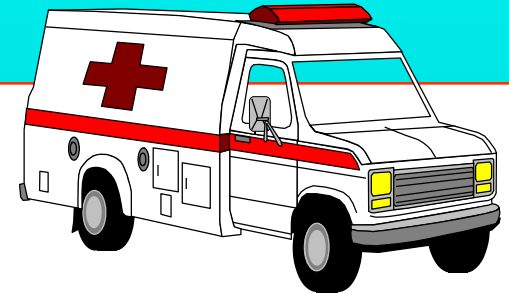
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Unsafe Acts

## POV SAFETY



### Seatbelts

**Seatbelts prevent deaths in 42% of all potentially fatal crashes. Add an air bag to the buckled seatbelt and you increase your odds of surviving the crash to 47%**

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Unsafe Acts

## POV SAFETY

### Alcohol



The intoxicated driver is **15x** more likely to be involved in a crash and to be fatally injured than a sober driver. About **48%** of all traffic fatalities involve an intoxicated or alcohol impaired person.

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Unsafe Acts

## POV SAFETY

### Fatigue



**Drivers between the ages of 18-24 are at special risk with over 56% of fatal crashes involving fatigue or falling asleep at the wheel.**

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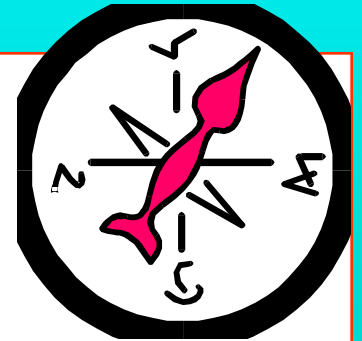
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Unsafe Acts

## POV SAFETY

### Location



**Statistics show that travel on interstates is safer than two lane roads. However, the fatality rate for travel on roads where high speed is possible increases the fatality rate by 30%.**



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Unsafe Acts



## POV SAFETY



### Speed

**The faster a car is going, the more distance and time it takes the driver to stop. Speeding also reduces the amount of time a driver has to react, and reduces the ability to safely**

**negotiate the road. Speed Kills!**

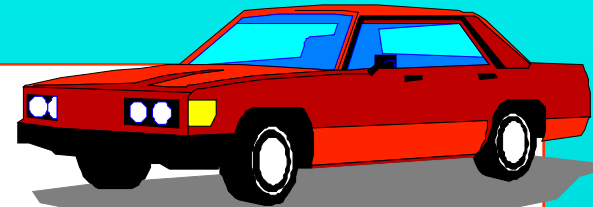
# Summer Safety

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Unsafe Acts

## POV SAFETY



1. Don't drink and drive
2. Use a designated driver
3. Wear seatbelts
4. Obey the speed limit
5. Don't drive when you're tired
6. Take rest breaks

Arrive Alive

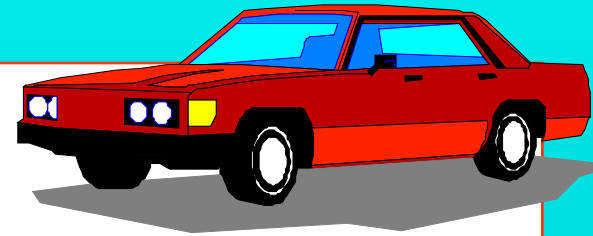
# Summer Safety

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Unsafe Acts

## POV SAFETY



- 7. Adjust speed for conditions**
- 8. Don't follow too close**
- 9. Maintain your vehicle**
- 10. Drive defensively**
- 11. Avoid use cellular phone while**



Arrive Alive

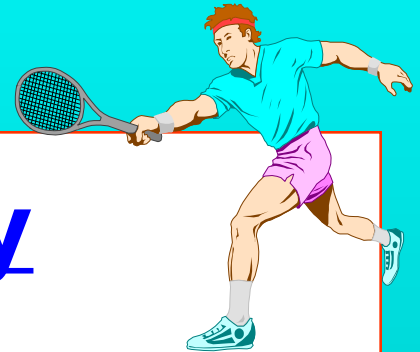
# Summer Safety

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Unsafe Acts

## Recreational Safety



- **Get in shape, start slowly**
- **Choose exercise appropriate for your age and conditioning**
- **Start with warm-up**
- **Finish with cool down**
- **Know your exercise limits**
- **Dress appropriately**

# Summer Safety

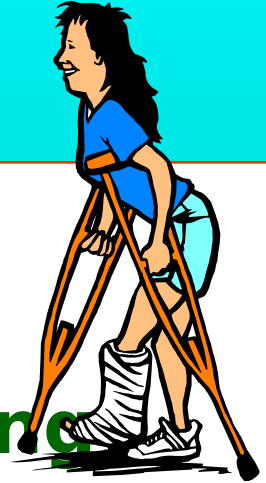
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Unsafe Acts

## Sport Injuries

**More soldiers are injured playing sports than performing combat soldiering activities.**



**Basketball is the most frequent sports injury producer in the military.**

# Summer Safety

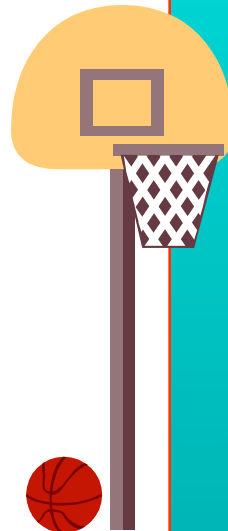
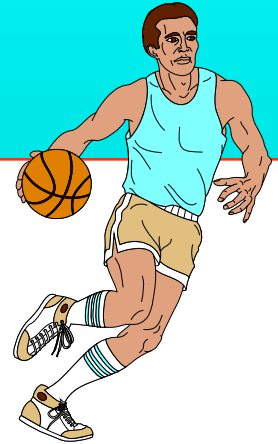


Unsafe Acts

## Sport Injuries

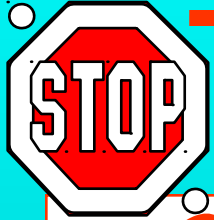
Before taking the court..

- Warm up
- Stay physically fit. Fit soldiers are less prone to accidents
- Wear appropriate shoes and socks
- Wear knee pads to protect knees
- Participate only in games at your skill level
- Ensure playing surface is safe and goals



# Summer Safety

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Unsafe Acts

## Bicycle Safety



- Bicycle crashes result in 800-900 deaths per year

- 90% of bicycle-related deaths involve collisions

**Before you ride.....**  
with motor vehicles

- Inspect your bicycle for serviceability

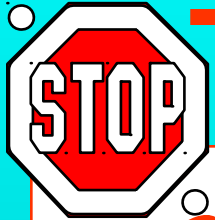
- Wear a helmet

- Inflate tires properly

- Check your brakes

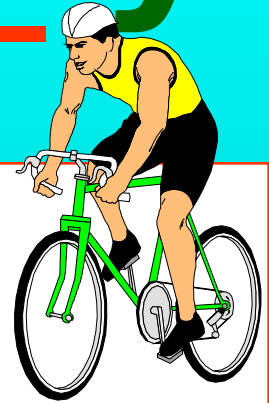
# Summer Safety

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Unsafe Acts

## Bicycle Safety



**When you ride.....**

- See and be seen
- Carry a backpack with essential repair tools
- Avoid riding at night
- Ride single file with traffic and obey traffic signs
- Use hand signals
- Stay alert for road hazards
- Watch for motorists



# Summer Safety

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Unsafe Acts

## Jogging Safety



- Pace yourself
- Good running shoes are essential
- Always jog against traffic
- Be seen while running
- Finish with cool down
- Headphones are prohibited

# Summer Safety

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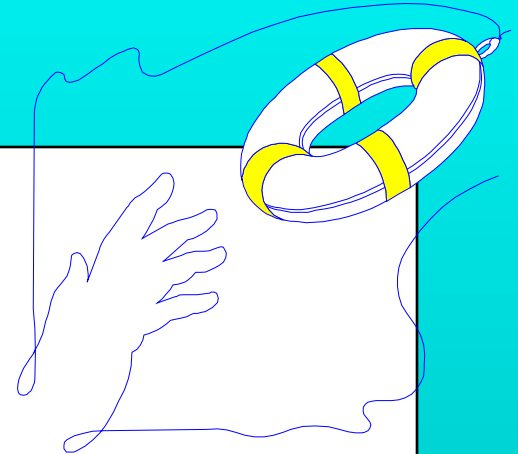


Unsafe Acts

## Water Safety

Drownings.....

- Are a leading cause of soldier death
- Most often occur during off-duty recreational swimming in unauthorized swimming areas after dark
- Frequently related to alcohol use



Be Safe around Water

# Summer Safety

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Unsafe Acts

## Water Safety



- Learn to swim and know “your limits”
- Use the buddy system
- Swim in supervised areas
- Obey “NO DIVING” signs
- Don’t drink and swim
- Wear PFD’s when boating and fishing
- Know the weather conditions
- Use common sense - don’t swim after eating,  
while chewing gum or after drinking.

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Unsafe Acts

## Watch out for the “Dangerous Too’s”

- Too tired
- Too cold
- Too far from safety
- Too much sun
- Too much strenuous activity



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Unsafe Acts

## Water Safety



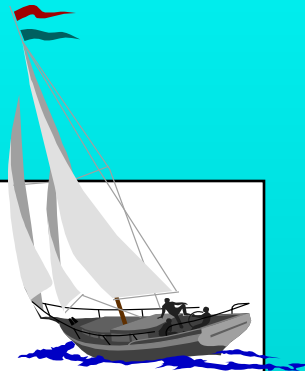
Most boating mishaps involve capsizing, falls overboard and collisions. About 90% of all fatalities are caused by drowning, and in nearly all cases personal floatation (PFD's) were NOT

# Summer Safety



*Unsafe Acts*

## BOATING LIMITS



- Limit loading your boat to recommended weight
- Limit movement inside the boat
- Limit boating to safe weather and water conditions

# Summer Safety

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Unsafe Acts

## BOATING SAFETY TIPS



- Yield right of way
- Be aware of others
- Avoid alcohol
- Maintain a safe speed
- Don't overload
- Don't loan to inexperienced operators
- Wear proper clothing
- Ensure proper maintenance

# Summer Safety

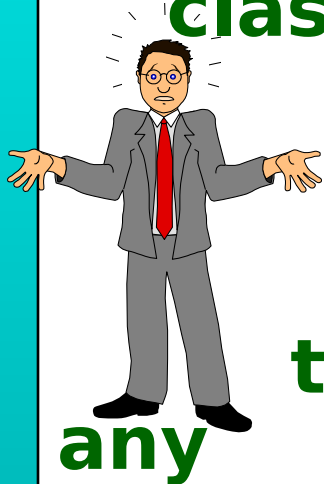


Unsafe Acts



## JET SKIS

“Jet Skis” or “personal watercraft” are classified as Class A inboard boats.



### What does that mean?

It means that they are subject to the same rules and regulations as any other power boat.



# Summer Safety



Unsafe Acts

## WATER SAFETY RISK MANAGEMENT POINTER



**DRINKING + WATER = TROUBLE**

# Summer Safety

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*Unsafe Acts*

## **WATER SAFETY RISK MANAGEMENT POINTER**



PERSONAL  
FLOATION DEVICE



**IT WON'T WORK  
IF YOU DON'T WEAR IT**

# Summer Safety

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Unsafe Acts

## ANIMALS AND REPTILES

### HAZARDS:



To prevent potential rabies exposure, avoid wild animals, bats, and domestic animals which are unknown to you or which display strange behavior

# Summer Safety

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Unsafe Acts

## ANIMALS AND REPTILES

### Poisonous snakes



Several types of dangerous snakes are indigenous to this area to include rattlesnakes, copperheads, water moccasins (cotton mouths), and coral snakes. Treat all snakes as if they are poisonous. Most bites result from handling or aggravating snakes.

# Summer Safety

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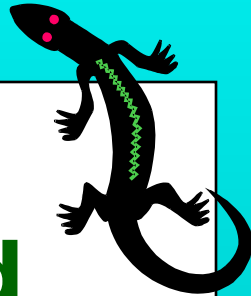
Unsafe Acts

## INSECTS

### Ticks, spiders, scorpions, and insects

Identify personnel who are allergic to insect bites or stings and ensure that they have an emergency first-aid kit on hand.

- Use insect repellent (follow directions)
- When camping, inspect bedding before use, and  
avoid sleeping or leaving clothes in damp places.



# Summer Safety

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Unsafe Acts

## ANIMALS, REPTILES AND INSECTS



IF YOU HAVE:



- Unusual bite
- Tick bite (do not remove tick)
- Multiple bites

SEEK MEDICAL ATTENTION!!